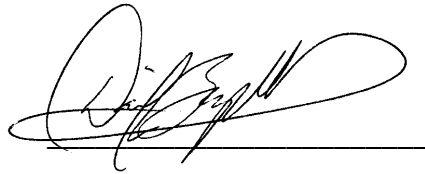


EL DORADO COUNTY EMS AGENCY

PREHOSPITAL PROTOCOLS

Effective: January 1, 2017



EMS Agency Medical Director

BLS Hyperthermia

INFORMATION NEEDED:

- Patients age, activity level, medications,
- Associated symptoms
 - Headache, chest pain, cramps, nausea, weakness, temperature, humidity, presence of clothing

OBJECTIVE FINDINGS:

Heat Cramps- Consists of benign muscle cramps or weakness, normal to elevated temperature, dehydration and warm moist skin.

Heat Exhaustion- Consists of dehydration, dizziness, fever, headache, cramping, nausea and vomiting. Vital signs usually consist of tachycardia, hypotension and elevated temperature with warm or cool moist skin.

Heat Stroke- Consists of dehydration, tachycardia, hypotension and temperature greater than 104 with altered mental status. Sweating disappears as temperatures reach 104, hot dry skin.

TREATMENT:

1. ABC's
2. Note patient's temp if possible
3. Move patient to cool environment
4. Remove excess clothing
5. Wipe with cool damp cloth for evaporative cooling measures.
6. Oxygen 10-15L/min via non-rebreather mask. Patient's with ineffective respirations: support ventilations with BVM and appropriate adjunct.
7. For heat cramps or heat exhaustion may give patient cool/cold liquid by mouth.
8. May stretch cramped muscles to relieve pain
9. Routine medical care.

